

# CARING FOR CARERS

The Heatons Centre, Thornfield Road, Stockport, SK4 3LD



Sign  
Post  
for carers



**Rescare: The society for families of children and adults with learning disabilities are working in partnership with Signpost Stockport for Carers**

**Do you care for a family member who is 18+ with learning disabilities?**

We are pleased to introduce and welcome you to a series of events for carers in Stockport.

The Caring for the Carers programme is designed to connect and support carers with a networking, mutual support and wellbeing session every two months. Each session will be free to users and facilitated by a local expert.

**What's included with each session:**

- A dedicated expert hosting a group session
- A light lunch provided
- A chance to connect and gain support
- Funding for respite care so you can attend (subject to availability)

**Sessions will run from 10:30am-1pm**

MARCH  
17

**Relaxation & Posture: An introduction by Suzanne McCollum**

MAY  
19

**Musical Appreciation by Peter Eccles**

JULY  
21

**Looking after yourself by Greater Manchester Resilience Hub**

SEPT  
15

**Easy & cheap Italian Cooking by Katie Booth**

Book in advance by contacting:  
[nicola@rescare.org.uk](mailto:nicola@rescare.org.uk) | 07529247792 | DM on Rescare Social Media

If you're based in Stockport and caring for an adult with a learning disability, then please do book a space and come along

We're looking forward to meeting you

**FREE  
ENTRY**